

# Karpas - tears of exertion

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By not trusting ourselves and the various voices within us, we keep hidden the better part of who we are. Many of us were taught early on that it is not safe to be who we really are - that it is not safe to say what is on our minds or in our hearts. But tonight we are free to release, to encounter, to integrate, to evolve and to express.

As Michael Kagan writes, the salt water in which we dip our *karpas* is the tears and frustration of not being allowed to let go. Tonight those tears will serve as a ticket to freedom. As King David said, 'My tears were nourishment for me...' To move forward, we must inevitably encounter the walls we have built inside; the tears are the struggle to get beyond those walls—not tears of failure but tears of exertion.

Tonight, we dip our desires—the *karpas*—into our tears. We indulge in something frivolous, purposeless, pointless, and we fight through the internal barriers that try to prevent us from enjoying it.

**Consider sharing something about your inner walls - what do you feel prohibited from doing/feeling/talking about/enjoying?**